

Sixty Second Sessions™

I now experience how my separate self (ego) uses my thinking mind to cloud my clarity. Just because I think doubting thoughts doesn't mean that my clarity in this matter isn't the truth.



I am giving up my "need" to make things verbally complex.

When I rest into my body, I am more present in the moment. My clarity is easier to find.



The clarity of my inner self co-exists with my physical world (which can include chaos and suffering).

Written and Designed by Jeff Krock

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